

# General Psychology

Psychology 100

Spring, 2010

## General Course Information

Instructor: Jillene Grover Seiver, Ph.D.  
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Voicemail: (425)564-2335 (automatically sends voicemail to my email)  
e-mail: [jseiver@bellevuecollege.edu](mailto:jseiver@bellevuecollege.edu)  
website: [www.collegecontacts.net/jillseiver](http://www.collegecontacts.net/jillseiver)  
Office Hours: By appointment.  
Text: *Psychology, 9th edition* by David Myers  
[www.worthpublishers.com/myers9e](http://www.worthpublishers.com/myers9e)  
Class Meets: 7:50-10:00 a.m., T & Th, A138

## Course Description

General Psychology broadly surveys the knowledge and methods of the discipline of Psychology. This course will emphasize the development of critical thinking skills, and familiarity with scientific research and reasoning.

## Course Overview

This is an introductory-level course, which will survey most of the major issues in the field of psychology. The major goals for this course are:

1. Examine how human behavior is studied and analyzed by psychologists.
2. Gain greater insight into the behavior of ourselves and others.
3. Develop familiarity with the theories describing human behavior.
4. Familiarize ourselves with the symptoms of psychological disorders and the various treatment options.
5. Develop critical thinking skills and prepare ourselves to be cautious and analytical consumers of information that proclaims to be scientific or based on some form of research.

## Course Outcomes

*Upon completion of Psychology 100, students will be able to:*

1. Describe the purpose, comprehensive scope, and areas of application in the field of psychology.
2. Demonstrate knowledge of the scientific process by applying and/or critiquing various research methods used by psychologists in the study of behavior.
3. Recognize, compare and contrast various theoretical perspectives used to explain and guide psychological research and application.
4. Identify historical and present-day contributions of major psychologists.
5. Define important psychological terms, concepts, processes and principles.
6. Apply critical thinking to assumptions, claims, and common sense ideas about behavior.
7. Demonstrate the application of psychological principles and findings to one's own life.

*In terms of general education outcomes, students will be able to:*

1. Use cognitive and creative skills:
  - a. Analyzing (identifying and evaluating problems)
  - b. Synthesizing (interpreting situations, drawing conclusions, and making connections)
2. Improving communications skills:
  - a. Doing research (gathering and documenting information)
  - b. Delivering one or more written, oral and/or visual presentations with formal documentation
3. Applying personal skills: Understanding the influence of stress, nutrition, and life style on personal health and performance

## Course Requirements

### ✓ **Midterms:**

There will be three midterms, on the dates indicated on the calendar. Midterms will consist of 50 multiple-choice questions. Each midterm will be worth 25% of your final grade.

- **Materials:** You will need a scantron form and a #2 pencil for all midterms. Neither of these materials will be provided, so be sure to bring them with you. You may use the backs of used scantrons to save on scantrons.
- **Preparing for Midterms:**
  - The publisher's quizzes (described below, under "Extra Credit on Midterms") will provide a very good basis for the types of questions that will appear on the midterms.
  - In addition, the publisher's website includes excellent study tools that will assist you in preparing for the midterms. There's a "Chapter Review," flashcards, PsychSim tutorials, other simulations & demonstrations, PsychInquiry worksheets, and more.
  - I will post a study guide for each midterm on our web page, in the link called "Study Guides."
- **Extra Credit on Midterms:**
  - You can earn one extra credit point per chapter on each midterm by taking Quiz 1 for each chapter at [www.worthpublishers.com/myers9e](http://www.worthpublishers.com/myers9e).
  - You must register at the website before you take your first quiz. *If you don't do it correctly, you won't earn your credit. Follow these instructions explicitly.*
    1. Go to [www.worthpublishers.com/myers9e](http://www.worthpublishers.com/myers9e) and click on "I'm not registered. Sign me up as a student." Follow the instructions.
    2. For my email address, use [jseiver@bellevuecollege.edu](mailto:jseiver@bellevuecollege.edu).
  - Once you're registered, click on the current chapter number.
    1. In the Student Resources area, you'll see a header called "Quizzes," with links to Quiz 1 and Quiz 2.
    2. Complete Quiz 1 for each chapter that we're currently working on, making sure to click "submit" when you're done.
    3. The system will tell you which ones you got right and which ones you missed.
    4. You should print out your quiz results so that if something goes wrong, you can show me that you completed the assignment.
  - I will collect your first score for each quiz; you must earn at least 50% to earn the extra credit for that chapter.
  - You must complete the quizzes prior to 7:50 a.m. on the day of the midterm in order to earn credit.
- **Make-up midterms:** I will allow a make-up of a missed midterm if it was missed for one of the following, documented, reasons:
  - Personal illness or injury, documented by a doctor's note, and with notification to me before the test is missed (via phone or email)
  - Death in the immediate family, documented by a note from the funeral director.
  - I will NOT administer any midterms early for any reason.

## ✓ **Projects:**

Select one topic from each project list, complete the assignment, and submit your report on the due date indicated on the syllabus.

- Each project is worth 5% of your final grade.
- Projects must be either type-written, or written in LEGIBLE handwriting.
- You will find that some projects require a very brief statement as a report, whereas others ask for longer descriptions of your thought processes or behaviors. Simply fulfill the requirements of the topic, without concern for length.
- It is OK to work with a classmate to find the information for the project that you choose, but you must each submit your own independent work.
- It is NOT acceptable to copy and paste material directly from a website; you must reword the website's information and give me the gist. Copying and pasting is a form of cheating.
- These assignments will be graded pass/fail, so if your assignment is complete, correct, and on time, you will receive full credit. If it is incomplete, incorrect, or late, you will receive no credit.
- Turning in projects on time:
  - You may turn in your projects in class, either early, or on the date indicated on the syllabus.
  - You may turn in your project to my mailbox by 5 pm on the day BEFORE the project is due. Do not turn in projects to my mailbox on the day they are due; I will not receive them in time for them to be considered on time.
  - You may NOT e-mail your project to me. I will return, unread, any e-mailed projects.
  - Late projects will not be accepted for any reason, no matter how compelling.
- **IF YOU NEED HELP WITH YOUR WRITING**, please make use of the following student support services:
  - Academic Success Center: <http://bellevuecollege.edu/academicsuccess/>
  - Academic Tutoring Center: <http://bellevuecollege.edu/tutoring/>
  - TRiO Student Support Services: <http://bellevuecollege.edu/TRiO/>
  - Writing Lab @ BCC: <http://bellevuecollege.edu/writinglab/>

## ✓ **Attendance:**

I expect that you will attend lectures. There is a great deal of information presented in the text, and the lectures will serve to narrow that information down. Also, there will be a large number of demonstrations, film clips, and participatory activities that will enhance your experience. Attendance will not be required, but it is encouraged.

## **Academic integrity**

It is assumed that all students will maintain the highest academic integrity. Cheating of any sort, including copying on exams, falsifying records, plagiarism (e.g. copying and pasting from a website, collaborating on tests), etc. will not be tolerated, and suspected cheaters will be reported to the Dean of Academic Education.

## Grade Distribution

A:	95-100%
A-:	90-94%
B+:	87-89%
A:	84-86%
B-:	80-83%
C+:	77-79%
B:	74-76%
C-:	70-73%
D+:	67-69%
C:	60-66%
A:	<=59%

## Grade Breakdown

Midterms:	3 @ 50 pts =	150 pts
Projects:	5 @ 10 pts =	50 pts
Total:		200 pts

## Incompletes and Hardship Withdrawals

These options are reserved for students who, through unforeseeable circumstances, cannot complete a course that they were passing. If you wish to request one of these grading options, the following criteria must be met:

1. You are passing the class at the time of the request.
2. You must make your request in writing, explaining the circumstances and including any documentation.
3. In the case of an Incomplete, the circumstances must be acute. That is, they must be something that prevents completion of the course within the current quarter, but that would be resolved in time for the student to complete the course work within the next quarter.
4. In the case of a Hardship Withdrawal, the circumstances must be ongoing, such that the student would not be able to complete the course work within the following quarter. In other words, a student could not request a hardship withdrawal and then retake the course the following quarter.
5. Qualifying circumstances for Incompletes and Hardship Withdrawals *are limited to*:
  - a. Death in the immediate family (spouse, child, parent) documented by a funeral director's note.
  - b. Significant illness or injury (documented by a doctor's note) of self or a person for whom the student is primarily responsible.
  - c. Relocation outside of the Bellevue College area.

## Inclement Weather

If there is a storm and campus is open but you're not sure whether I will be holding class, please check the announcements page on our class website ([www.collegecontacts.net/jillseiver](http://www.collegecontacts.net/jillseiver)).

## Students with Disabilities

If you have medical information to share with me in the event of an emergency, please contact me via email or come to see me during office hours. Emergency preparedness is important! If you need course modifications, adaptations, or accommodations because of a disability, I can refer you to our Disability Resource Center (DRC). If you prefer, you may contact them directly by going to B132 or by calling 425.564.2498 or TTY 425.564.4110. Information is also available on their website at <http://bellevuecollege.edu/drc/>

## Course Calendar

Week	Date	Topic	Chapter
<b>1</b>	4/6 4/6 4/8	Welcome! Prologue Thinking Critically with Psychological Science	Prologue 1
<b>2</b>	4/13 & 15 <b>4/15</b>	The Biology of Mind <b>Project 1 Due</b>	2
<b>3</b>	4/20 & 22	Consciousness and the Two-Track Mind	3
<b>4</b>	4/27 & 29 <b>4/29</b>	Nature, Nurture, and Human Diversity <b>Project 2 Due</b>	4
<b>5</b>	5/4 <b>5/6</b>	Developing through the Life Span <b>Midterm 1: 7:50-8:40 a.m.</b>	5 <b>Pro-5</b>
<b>6</b>	5/11 & 13 <b>5/13</b>	Sensation & Perception <b>Project 3 Due</b>	6
<b>7</b>	5/18 5/20	Learning Memory	7 8
<b>8</b>	5/25 5/27 <b>5/27</b>	Thinking and Language Intelligence <b>Project 4 Due</b>	9 10
<b>9</b>	<b>6/2</b> 6/2 6/4	<b>Midterm 2: 7:50-8:40 a.m.</b> Emotions, Stress, and Health Personality	<b>6-10</b> 12 13
<b>10</b>	6/8 6/10 <b>6/10</b>	Psychological Disorders Therapy <b>Project 5 Due</b>	14 15
<b>11</b>	6/15 <b>6/17</b>	Social Psychology <b>Midterm 3: 7:50-9:20</b>	16 <b>12-16</b>

<b>GenEd Area</b>	<b>Rtg</b>	<b>Comment</b>
Critical Thinking, Creativity, and Problem Solving	2	In Introductory Psychology students must learn to apply critical thinking methods in assessing the validity of claims about human behavior. Students learn research design and apply scientific method in the process of identifying problems and issues. Students are able to process information with valid learning generalizations and brainstorm solutions with supported opinions. Students learn to evaluate credibility of sources based on objectivity and bias. Students demonstrate competency on a test basis.
Quantitative and Logical	1	
Research/Information Literacy	1	
Reading	1	
Writing	1	
Listening and Speaking	1	
Visual	0	
Computer Literacy	1	
Self Assessment/ Life Goals	0	
Group Processes	1	
Ethics	1	
Lifelong Learning	1	
Historical and Intellectual Perspectives	1	Students learn the contributions of the major Western thinkers in Psychological theory. They examine the cultural values of past and current decades and how the pattern of change influences behavior. Students contrast Eastern and Western perspectives and industrialized and developing values in order to determine the effect on lifestyle. Students discuss these issues in class and are tested on their understanding.
Aesthetic Awareness	0	
Cultural Diversity	2	Students learn about effective mental health functioning in society. Students learn about discrimination, bias and stereotyping through discussion and value clarification activities. Our students are exposed to different perspectives in culture and are asked to compare and contrast cultural values on a global basis.
The Nature of Science	2	Students learn the scientific process of inquiry. They are familiar with research design, appropriate data collection and ultimately, discerning validity. Our students learn an interdisciplinary perspective of human behavior including anthropological, psychological and sociological methods
Science & the Natural World	1	Students study the evolutionary perspective as a unifying principle of human behavior. Our students examine examples of adaptive characteristics leading to survival and how that can influence modern behavior. Students learn about the central nervous system and how the brain communicates through the process of neurochemistry.
Technology and Society	1	

## PROCEDURES AND GUIDELINES OF THE SOCIAL SCIENCE DIVISION

### Revised Spring 2009

#### Cheating, Stealing and Plagiarizing\*

Cheating, stealing and plagiarizing (using the ideas or words of another as one's own without crediting the source) and inappropriate/disruptive classroom behavior are violations of the Student Code of Conduct at Bellevue College. Examples of unacceptable behavior include, but are not limited to: talking out of turn, arriving late or leaving early without a valid reason, allowing cell phones/pagers to ring, and inappropriate behavior toward the instructor or classmates. The instructor can refer any violation of the Student Code of Conduct to the Dean of Student Services for possible probation or suspension from Bellevue College. Specific student rights, responsibilities and appeal procedures are listed in the Student Code of Conduct, available in the office of the Dean of Student Services.

#### Incomplete

If a student fails to complete all the required work for a course, an instructor may assign the grade of Incomplete ("I"). The student must complete the coursework by the end of the next quarter, or receive the assigned letter grade (usually an "F").

#### F Grade

Students who fail a course will receive a letter grade of "F."

#### Final Examination Schedule

The Social Science Division will adhere to the final examination schedule as stated in the BC Schedule. Final examinations will be held at the end of each quarter at fixed times. Instructors will not give examinations in advance of the regular schedule. A student who is absent from any examination held at any time during the quarter may forfeit the right to make up the examination. If, for illness or some other circumstance beyond the student's control, the student is unable to be present at any scheduled examination and has contacted the instructor on a timely basis, the student may be permitted to take such examination at a time designated by the instructor.

#### Withdrawal From Class

College policy states that students must formally withdraw from a class by the end of the seventh week of the quarter (Registration Office, B125). If a student has not withdrawn by that date, an appropriate letter grade will be assigned for the course.

#### Hardship Withdrawal

Instructors may assign the grade of "HW" (hardship withdrawal) at their discretion in the event that a student cannot complete the coursework due to extreme and exceptional circumstances. Students may also contact the Enrollment Services office BEFORE grades are assigned in cases of hardship.

#### Students Who Require Disability Accommodations:

Students with disabilities who have accommodation needs are encouraged to meet with the Disability Resource Centre (DRC) office located in B132 (telephone 425.564.2498 or TTY 425.564.4110), to establish their eligibility for accommodation. The DRC office will provide each eligible student with an accommodation letter. Students who require accommodation in class should review the DRC accommodation letter with each instructor during the first week of the quarter.

Students with mobility challenges who may need assistance in case of an emergency situation or evacuation should register with Disability Resource Centre, and review those needs with the instructor as well.

#### Distribution of Grades

Grades will not be posted in the Social Science Division or in faculty offices, and secretaries will not give out grades. Students should access their grades through the BC Web site.

#### Return of Papers and Tests

Paper and/or Scantron score sheet returns will be arranged in the following ways ONLY: by mail, if student supplies the instructor with stamped, self-addressed envelope (with appropriate postage); or by the instructor designating a time and place whereby the student may retrieve his/her papers. Unclaimed papers and/or Scantron score sheets must be kept by the instructor for a minimum of sixty (60) instructional days following the end of the quarter.

\*If you are accused of cheating, stealing exams and/or plagiarism, there is a Bellevue College Student Discipline and Appeals Procedure (the right to due process) which you may pursue. Contact the office of Division Chair (D110), the Dean of Student Services (B231A) or the Associated Student Body (C212) for information regarding the appeals process.